

ॐ (ओंकार)

Om — Omkar Chanting — The Primordial Sound

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How to Chant

• Sit in a comfortable position with spine straight • Take a deep breath • Chant "Aaaaa" (from the belly) • Continue with "Uuuuu" (from the chest) • Complete with "Mmmm" (from the throat/head) • Feel the vibration throughout your body • Repeat 3, 7, 21, or 108 times

Benefits

• Calms the mind and reduces stress • Enhances concentration • Balances energy centers (chakras) • Connects you with universal consciousness • Purifies the environment